

Rules Differences USL vs. NCAA 2015

USL

NCAA

Rule 1

Playing Area

Field dimensions	10-20 yards behind goal	10 yards exactly behind goal
Visible clock	recommended	required
Coaching Area	at least 4m from the sideline	up to the sideline

Rule 2

Equipment and Uniforms

Goalkeeper pads	shin and thigh pads required	shin and thigh pads not required
Mouthpiece	not clear or white	any color
Jersey specs	single, solid color specific trim requirements	all team members dressed uniformly

Rule 3

Game Personnel

Speaking captain	no	yes
Pre-game coach mtg.	no specific time, but should be at 10 min. on clock unless league/team protocol is different (Manual p.26)	meet with head coach at 10 minutes on the clock (minor foul if coach is late)
Camera in goal	yes	not in rulebook however, the NCAA is allowing (See the manual p. 7-13 and NCAA Memo 2.26.15)
Coach communication	only the head coach may communicate with officials during play of the game	any coach may communicate with officials during play of the game
Timer – card release	notify the coach when a card is released	notify the player when her card is released

Head Umpire	no	yes
Timer – live ball TO	do not sound horn (timer will sound horn on a dead ball possession TO)	sound the horn

Rule 4

Time Factors and Scoring

Length of half	25 minutes	30 minutes
Half time	coaches may agree (if they do not, then it is 10)	10 minutes
TO for 8m FP	no	yes (10 goal exception)
10 goal rule	clock will not stop in Last 2 minutes of each half	clock will stop in last 2 minutes of each half
Time outs	2 two-minute time outs called by head coach or any player on the field	3 two-minute time outs any coach or any player on field
Suspended game (less than 80% played)	coaches may agree to terminate	must be completed
Suspended game (completed on another Day)	continue from point of interruption	start from the beginning (NCAA tournament game is played from point of interruption)
GK scoring	GK may score with a field crosse	GK may not score

Rule 5

Play of the Game

Draw	must have both feet on same side of center line and behind crosse	not specified
Goal circle play by Defense	no defenders in goal circle except deputy. (No deputy U-15 and below)	any number of defenders may move through the goal circle. only one defender who is marking the ball carrier may remain in GC.
Sub after a goal	no sub after official's hand is in contact with center's sticks	officials regulate

Subbing in a Suspended or Ejected player	coach misconduct	illegal substitution. Minor foul
Injury	if play is stopped for injury or suspected injury, player must leave the field	if no medical personnel or coach comes on the field, the player may stay in game (unless bleeding)
Stick checks	2 allowed	3 allowed
Stick measuring	measure overall length “at any time”	measure overall length and sidewall distances as outlined in Appendix E up to 15 min before game or at start of half time
Shooter’s crosse After a goal	no action required	take crosse to allow time for coach to make stick check request

Rule 6
Fouls

Sphere	may not reach into or through	may reach into or through to make a safe check
Direction of check	may not check towards the body	may, if controlled
Illegal contact/ Horizontal crosse	a crosse held in a horizontal position that contacts an opponent’s body is a major foul	position of stick not considered. foul based upon action with stick
Mouthpiece	minor foul	delay of game
Eye protection	minor foul	delay of game

Rule 7
Penalty Administration

Delay of game	green card given to team	card to speaking captain
Yellow Card	2 minutes non-releasable	2 minutes releasable
Red Card	4 minutes non-releasable	2 minutes non-releasable
1 player/2 yellows (on same play)	team plays 2 players down for two minutes	player serves 2 consecutive 2 minute (releasable) penalties

1 player/ yellow, red (on same play)	team plays 2 players down for two minutes, then 1 player down for 2 more minutes	player serves 2 consecutive penalties the first penalty is releasable, the second penalty is not
Red card - next game (player)	served in team bench area not dressed in uniform	allowed on field in pre-game activities may not be in uniform or participate. once game starts- restricted to designated spectator area - may not communicate with team
Red Card – next game (Coach)	is not allowed in attendance at the site of the game	allowed on the field and in bench area during pre-game activities (warm ups). once game starts is restricted to designated spectator areas and may not communicate with team
Red Card to Bench personnel	both carded player (coach) and head coach must leave the field (AR 7-21)	only the head coach must leave the field (AR 5-4)
Team Cards	play short remainder of game on 4 th card	no team card count
Goal Circle Foul By defense	clear penalty lane above goal line	penalty lane is not cleared
Goal Circle Foul By attack	offender goes 4M behind GC	offender goes 4M away